



# Difficulty Sheet

## Elements Difficulty List

NAME & SURNAME

Enter your Name Here

SPECIALTY:

IM

IF

DOUBLES

Amateur Professional Competitive

CATEGORY:

S

JV

JA

JB

MA

COMPETITION & DATE

USPSF Nationals September 2018

N°	N° EL.	DESCRIPTION	VALUE	GROUP	COMBINATION	JUDGES ONLY
1	D060	Shoulder Mount to Handstand Flip	0.5	D		
2	B070	Table Top	0.8	B		
3	C027	Cup Grip Phoenix	0.9	C	C027 + B067 = 1	
4	B067	Cup Grip X	0.9	B		
5	D051	Forearm Back Flip (Floor Based)	0.6	D		
6	A106/E	Rinaldi Split	1.0	E	A106/E + A071 = 2 (ADB)	
7	A071	Bozina Back Split	1.0	A		
8	A078/E	Extreme Jade Underarm	0.8	E		
9	B086	Shoulder Mount Plank (Passé)	0.9	B		
10	B022/E	Titanic	0.8	E		
		<b>TOTAL DIFFICULTY SCORE</b>	11.2			
		<b>TOTAL DEDUCTIONS (Judges only)</b>				
		<b>FINAL SCORE (Judges only)</b>				